



# GRIT Explorer & Adventure Camp

## WELCOME KIT

This Parent Guide and Welcome Kit is your source for all Camp Information!

The GRIT team has been working hard to ensure we comply with the latest NJ Department of Health and CDC guidelines to provide your camper with a SAFE, SMART, ACTIVE, and OUTDOOR Summer Day Camp experience full of fun activities, sports, STEM/STEAM, and arts and crafts!

**You will find all the information needed to prepare for camp enclosed. Of course, if you have any questions, don't hesitate to reach out.**

**GRIT** camp runs until September 5th\*. Unlike other camps, we aim to provide you with the optionality and flexibility you need to ensure your campers have a great summer.

**Our *Inflation-Busting summer is designed to provide a fantastic summer camp experience. GRIT has kept its camp price the same and provides more value than other camps!***

***GRIT provides the flexibility to choose the days you need, more sports, including swimming for campers ages 6+, and lunch options with different vendors—all for the same price as when we opened five years ago!!***

While other camps open at the end of June or pack up for the summer in mid-August, GRIT is here for you. Remember, when schools are closed, **GRIT is OPEN!**

GRIT has no minimum day requirements, offering you both Full-Day and Half-day camp and extended hours as needed.

Please note that camp is FILLING UP for the end of the season! We are prioritizing our remaining availability to our GRIT community first.

If you need an extra day here or a week there, **please email us at [info@gritsportstraining.com](mailto:info@gritsportstraining.com)**, and we will do everything we can to accommodate your needs.

Do you have a friend joining your camper? We will make sure to put them on the same team at camp!

**Get ready for a great summer!**

Peyton Kay  
Camp Director, GRIT



## ***WHAT DO I NEED TO DO BEFORE CAMP?***

To ensure your child is ready for camp, please send the following to GRIT before your first day of camp per NJ Department of Health Camp Guidelines.

**SIGN Acknowledgement of Liability and Safety Waivers on the GRIT Member Portal**

When you registered for camp on our website, you were asked to sign a series of waivers. You should have put your name after each waiver when you registered. To make sure you did, you can log into your account (on HiSawyer, our software provider) to review your account and make sure your contact, emergency contact, and waivers are all signed.

Simply go to <http://www.gritsportstraining.com> and click on the "**MEMBER LOGIN**" on the bottom left-hand corner. This will take you to your personal account page in HiSawyer and you will be able to check if you signed all the waivers and your emergency contact information is correct. If you signed up in person, you will be sent a link to sign a waiver form before your camper comes to GRIT.

**Upload Medical Information to the GRIT Member Portal.**

The State of NJ requires that all summer camps have the following information:

- a. **STANDARD MEDICAL INSURANCE FORM**- This provides your medical insurance information and allows us to treat your camper quickly in the event of an accident or injury (see form at end of packet)
- b. **MEDICAL HISTORY FORM** – This is a standard form that you can receive from your pediatrician OR you can use the form at the end of this document and sign it yourself.
- c. **VACCINATION RECORDS** - Your pediatrician can provide you with a standard form (the same one you send to school each year).

**If you have any issues uploading these documents to your account, simply scan and send them to [info@gritsportstraining](mailto:info@gritsportstraining) and we will add them to your account for you.**

NOTE: All waivers and forms must be signed before your camper's first day of camp!



## **KEY CONTACT INFO:**

***GRIT Adventure Camp (Ages 6-12 yrs)***  
***201 Marin Blvd, Jersey City 07302***

***GRIT Explorer Camp (Ages 3-6 yrs)***  
***201 Marin Blvd, Jersey City NJ 07302***

### **CAMP WEEK SALES:**

Need extra weeks or days added to your summer @ GRIT  
Contact 201-596-6626 (Text or Call) or email [Info@gritsportstraining.com](mailto:Info@gritsportstraining.com)

### **CAMP MAIN DESK: 201-596-6626 (Text/Call) or [info@gritsportstraining.com](mailto:info@gritsportstraining.com)**

- Contact your camper during the day
- Early pick-up notifications or Last Minute Extended Day
- Lost & Found - [Info@gritsportstraining.com](mailto:Info@gritsportstraining.com)
- Camp Office 201-596-6626
- Questions about Lunch or Snacks

### **CAMP IS TECHNOLOGY FREE!**

Though some campers will choose to bring their phone or game devices with them to camp, they will be required to keep them in their backpack.

If you need to contact your camper during the CAMP DAY, please call/ text 201-596-6621.

### **GRIT CAMP APP - Keep up with Camp all Summer on our new APP!**

To get started, follow the direction below:

1. Download the **Bunk1** app on your phone from the App Store or go to [www.bunk1.com](http://www.bunk1.com)
2. Click on the "New Here? Get Started Button and complete the basic form
3. The INVITATION Code is GRIT2025.
4. You will be prompted to select access to the Parent Portal. You can also buy bundles that provide instant access to photos of your camper and allow you to download your favorite pictures! FYI- GRIT does not profit from this, its just a cool facial recognition feature to quickly show you your camper's pics!



## **SUMMER CAMP DATES**

***GRIT Adventure Camp*** runs from June 9th to September 5th.

Camp runs Monday through Friday for 13 Weeks!

So when your school closes for the summer, GRIT will be open until your campers are ready to return to school! The only day we are closed is July 4th!

The camp will evolve each week around the themes below, with activities, events, and learning opportunities.

### **GRIT THEME WEEKS**

<b>Week 1</b>	<b>June 9th</b>	<b>Star Wars</b>
<b>Week 2</b>	<b>June 16h</b>	<b>MineCraft</b>
<b>Week 3</b>	<b>June 23</b>	<b>Heroes &amp; Villains</b>
<b>Week 4</b>	<b>June 30</b>	<b>Stars &amp; Stripes</b>
<b>Week 5</b>	<b>July 7</b>	<b>Inventors &amp; Engineers</b>
<b>Week 6</b>	<b>July 14</b>	<b>All BALL</b>
<b>Week 7</b>	<b>July 21</b>	<b>Space &amp; Science</b>
<b>Week 8</b>	<b>July 28</b>	<b>Wizards &amp; Witches</b>
<b>Week 9</b>	<b>Aug 4</b>	<b>Spirit Week</b>
<b>Week 10</b>	<b>Aug 11</b>	<b>GRIT Olympics</b>
<b>Week 11</b>	<b>Aug 18</b>	<b>Field of Dreams/ Fav Sports Teams</b>
<b>Week 12</b>	<b>Aug 25</b>	<b>Top Secret Mission</b>
<b>Week 13</b>	<b>Sept 1</b>	<b>Crazy Camp/ Staff Appreciation</b>



## ***FREQUENTLY ASKED QUESTIONS:***

### **WHEN IS CAMP?**

***GRIT Adventure Camp and GRIT Explorer Camp*** run from June 10th to September 6th. So, when your school closes for the summer, GRIT will be open until your campers are ready to go back to school. Most camps end mid-August, but GRIT stays open until school starts.

GRIT offers Full Day and Half-day camp options:

#### **ADVENTURE CAMP:**

**Full-day Camp** runs from **9:00am to 4:00pm**.

**Morning Half Day Camp** camp is 9:00am to 1:00pm

**Afternoon Half Day Camp** is from 1:00pm to 4:00pm.

#### **EXPLORER CAMP:**

**CORE CAMP** runs from **9:00am to 1:30pm**.

**CORE Extended Day Camp** is from 9:00pm to 4:00pm.

Drop off is from 8:30am to 9:00am. Early Drop off is from 8:00-8:30am for an additional charge.

Extended day camp is from 4:00pm to 6:00pm daily. You can pay by the week for the best rate.

All parents will be asked to sign their children in and out of camp. During camp hours, no parents or guardians will be allowed into the facilities.

GRIT also runs a summer class schedule after camp. Wednesdays are Basketball days, and Tuesdays and Thursday evenings are for those who want to improve their Parkour+ Ninja training. And Saturday mornings are Skateboarding! See our website for details.

We have noticed that most kids in Jersey City are 6 to 12 months behind in their math and english and reading comprehension skills. This will affect them as they prepare for middle and high school and beyond.

If you're worried about your camper being behind, Summer is a great time to focus on catching up and getting your child confident in their abilities.

The JEI Learning Center is the perfect place for those looking to give their campers an edge in math and reading/writing when they head to school in the fall. Tailored, individualized enrichment programs that ensure your camper is ahead of their peers. Let us know if you would like a free assessment ( a \$99 value).



## ***FREQUENTLY ASKED QUESTIONS (Cont.)***

### **WILL MY CAMPER BE WITH OTHERS THEIR AGE?**

Yes! We aim to group the campers by age and ability and have them do fun activities as a team each week. We will group the campers with their friends as requested, so if your child is coming with a friend, please let us know so we can ensure they are on the same team.

### **HOW MUCH TIME WILL THEY SPEND OUTDOORS?**

Summer camp is really meant to be outdoors. While we have a large and well-ventilated facility, GRIT is the "base camp" for daily adventures to local parks and sports fields, weather permitting. Hamilton Park, Enos Jones Park, Gateway Park, Morris Canal Park, and Liberty State Park will be our playgrounds this summer.

### **WHEN IS THE SWIM PROGRAM?**

Swimming at NJCU is part of our Summer Camp activity schedule. Full-day campers 6+ years of age will be bused to NJCU's John J. Moore Athletic Center for an afternoon of swimming and fun! The program is part of the camp, and there is no additional cost for full-day weekly campers. The swim program kicks off in early July and runs through mid-August. For campers 3-5 years old, the Water Play activity will be on Tuesdays and Thursday afternoons at Morris Square Park or at a splash pad nearby. In addition, if the weather is good, expect your camper to be wet on Friday afternoons for pickup, as we always have a water day on Friday afternoons (weather permitting).

### **WILL MY CHILD LEARN TO SWIM?**

Our swimming program is designed to cater to all skill levels for campers ages 6+. It is run by NJCU's Aquatic Director, Coach Lee. NJCU-certified swimming instructors will introduce fundamental water skills, body positioning, and stroke development in a friendly and supportive setting. For experienced campers, a free swim period will provide a chance to practice the skills learned, have fun with friends, and enjoy a refreshing dip in the indoor pool.

### **HOW CAN I CHECK THE DAILY SCHEDULE?**

GRIT has a rich daily activity schedule to keep camp fresh and exciting. Each week, we have a themed program that ends with a fabulously fun field day on Friday, with a field day in the morning, a pizza lunch, and water play in the park in the afternoon. To check out the daily schedule and camp news, please download the Bunk1 app.

#### ***GRIT CAMP APP - Keep up with Camp all Summer on our new APP!***

To get started, follow the directions below:

5. Download the Bunk1 app on your phone from the App Store or go to [www.bunk1.com](http://www.bunk1.com)
6. Click on the "New Here? Get Started" button and complete the basic form
7. The INVITATION Code is **GRIT2025**
8. You will be prompted to select access to the Parent Portal.



## FREQUENTLY ASKED QUESTIONS:

### GRIT ADVENTURE T-SHIRTS

The GRIT Adventure Camp T-shirts are a prized possession of many camp alumni. On the first day of camp, your camper will receive their GRIT Summer Camp, and any extras you may have purchased. We will encourage them to wear appropriate attire for each day of camp based on the weather. If they don't have their GRIT shirt on we will ask them to wear a GRIT pinny so we can keep them safe.

Please make sure to specify your shirt size in the member portal!

Extra camp shirts are available for sale if you wish to have more than one for your camper at GRIT. Wear them with pride!

Need more GRIT SWAG? GRIT has partnered with *Pack for Camp* to provide a range of GRIT logoed shirts, hoodies, water bottles and more! You can buy directly from their website [here](#) or go to the GRIT website. Wear them with Pride!



Grit Toddler T-Shirt  
\$18.99



Grit Short-Sleeve T-Shirt  
From \$18.99



Grit Softstyle Unisex T-Shirt  
From \$21.99



Grit Heavy Blend Hoodie  
From \$39.99



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**GRIT Explorer Camp | GRIT Adventure Camp**

201 Marin Blvd Jersey City, NJ 07302

Text/Call 201-596-6626 | Email: [Info@gritsportstraining.com](mailto:Info@gritsportstraining.com)



## ***FREQUENTLY ASKED QUESTIONS (Cont.)***

### **WHAT HAPPENS IF IT RAINS?**

Rain or shine, we are here to stay! Light rain and drizzle will not stop us from having fun! Adventure means being prepared! For those occasional heavy downpours or heavy rain, we have a series of fun, indoor activities – grouped by age- planned in our large multi-room space as well as two additional large indoor spaces nearby.

You will see that we have requested that a lightweight **rain poncho** is added to your child's backpack in case of rain. Rain Boots are fine for those days that it rains but please send your child also with a pair of sneakers on those so that we can keep their feet safe in the gym.

### **HOW DO I SIGN UP FOR ADDITIONAL WEEKS/DAYS?**

If you need extra days or an extra week @ GRIT, simply contact us via the email below and we will help you register. Camp is already full for some weeks but we will find a way to accommodate you.

### **CAMP WEEK SALES:**

Need extra weeks or days added to your summer @ GRIT  
Contact 201-596-6626 (Text or Call) Peyton Kay [Peyton@gritsportstraining.com](mailto:Peyton@gritsportstraining.com)

### **WHAT TYPE OF ENRICHMENT PROGRAMS DO YOU OFFER?**

We believe in a strong mind and a strong body! Our educational partner, JEI Learning of Jersey City, is a well-respected academic enrichment program with over 1,000 locations globally. We love their personalized approach to learning, which focuses on mastering concepts rather than rote learning.

Let us know if you want your camper to take the JEI diagnostic test to determine their English or Math strengths and weaknesses free of charge. This test is normally \$99, but we will offer it to all GRIT campers for *free*. It comes with a detailed computerized diagnostic assessment of your child's strengths and weaknesses in math and/or English.

Each week, campers will focus on English, math, reading and writing, and critical thinking as part of camp. We do this through fun and engaging projects and activities based on each week's theme, including writing a story, practicing speaking in public through storytelling, or competing in a chess tournament.

Individualized JEI programs are offered during after camp from 4:00-6:00pm. Let us know you get your camper prepared and ready for the upcoming year and beyond!



## FREQUENTLY ASKED QUESTIONS (Cont.)

### WHAT SHOULD WE PACK?

- **ONE BAG RULE** – Except for the 3-4-year-old campers, GRIT has a practical one-bag rule. Everything you bring to camp should fit in one backpack that is **clearly labeled with your camper's name**. Multiple bags mean items typically get lost and we don't want that. *For our 3-5 year-old campers, we suggest a separate bag clearly labeled with extra clothes – just in case!*
- **LUNCH/ SNACKS**- Please pack plenty of snacks and a healthy lunch for your campers in a proper container that does not need to be refrigerated, given that your camper might not be at GRIT during lunch but on an excursion or outing. Lunch & snacks should be packed in your camper's backpack when you drop them off for camp. No separate bags, please! *NOTE: We also strongly discourage parents from bringing lunch for their campers right before lunch as it disrupts the lunch session and camp flow (and your camper might be in a park or field that day for lunch).*
- **LUNCH OPTION!** Need a break from packed lunches? GRIT has partnered with Simply Gourmet to provide parents a healthy lunch option. Wholesome meal options with no artificial ingredients, no growth hormones, no trans fats, and limited GMOs - all packed in individual recyclable cardboard lunch boxes delivered daily for each student. You may choose to participate every day or choose individual days. Orders must be placed 3 days in advance of the day you want to receive lunch service. If you need last-minute changes, they will work to accommodate.

To place your order go to [www.simplygourmetlunches.com](http://www.simplygourmetlunches.com)

To receive text message reminders; text: simplygourmet to 77222

- **NUT FREE**- Please note that GRIT is a **nut-free environment** with some campers allergic, so please do not pack peanut butter or other nut-based snacks.
- **WATER BOTTLES**- We will provide water and ask that parents send their children with a **REFILLABLE WATER BOTTLE CLEARLY LABELED WITH THEIR NAME ON IT IN PERMANENT MARKER**.
- **LABELS**- Please label everything... even your camper! If an item is labeled it won't be lost. If it's not labeled, it might not find its way home... and maybe into our **Lost & Found**.
- **OUTDOORS**- Picnic tables will be set up each day outside for the campers to eat snacks and lunch if they are not on an adventure somewhere in Jersey City.



## **WILL YOU APPLY SUN TAN LOTION TO MY CAMPER?**

We ask that you liberally apply suntan lotion to your camper before camp. Once at camp, our coaches will help the Explorer campers and remind the Adventure campers at set times during the day to apply sunscreen before they go outdoors and throughout the day. For the younger campers, expect that this will be done on a regular schedule throughout the day and that we will help apply the lotion you have provided.

## **SKATEBOARDING- DO I NEED TO GET A SKATEBOARD & HELMET?**

Skateboarding is a great way to improve balance and agility. Your camper will learn to skate at camp. Younger campers will have a session a few times a week, while older campers skate daily. Your camper does NOT need a skateboard, helmet, or pads. GRIT has all of the equipment needed. Campers can bring their own gear but please refer to our ONE backpack rule as a guide in terms of how they pack.

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## **WAIT! I HAVE MORE QUESTIONS!**

Please don't hesitate to call/text/ email us at the numbers email below with any questions! We are here to help make this a great summer for your campers!



## GRIT SUMMER CAMP CHECKLIST

GRIT is about building friendships, learning sports and values, and enjoying the outdoors. Please pack the following items to ensure your child has the best experience possible.

Each camper will have a cubby at GRIT for their stuff. We will introduce water games and other fun activities if it gets hot. We also don't mind a mild rain shower, hence the need for a rain poncho! **Please label everything!**

**Forms/Waivers:** On the 'Member Login' at the bottom of [www.gritsportstraining.com](http://www.gritsportstraining.com)

- All forms signed and contact details, emergency contact info etc. up to date.
- Medical Insurance Form – Signed and uploaded to member site
- Medical History Form – Signed & Uploaded to member site (can be one attached here that you sign or one from your doctor)
- Vaccination Records – Request from your doctor and uploaded to member site  
*You can upload forms or send via email.*  
*We need them BEFORE your camper arrives for their first day!*
- Camp T-Shirts – Please tell us your camper's shirt size in the member portal.

### Campers Cubby:

- An extra pair/change of clothes (for 3-5yr old's only!) in a ziploc bag

### Campers Backpack (One-Bag Rule!) ( ALL WITH YOUR CAMPERS NAME ON IT!)

- One Backpack with 2 straps (please no tote, messenger, or roller bags)
- Reusable/Refillable Water Bottle
- Packed Lunch (no refrigeration needed) & plenty of snacks or you can order from SimplyGourmet!
- Rain Poncho (lightweight plastic – please no rain jackets!), extra shirt
- Snacks (no nuts please)
- Sun protection (sunscreen, hats, visors, etc.)

*Please apply sunscreen at home prior to camp! Our coaches will do our best to keep them lathered along throughout the day and out of the sun when possible. Though campers will sometimes have free time, please refrain from packing an inappropriate number of toys from home!*

### All of our coaches travel with:

- A first-aid kit
- A water cooler and extra water bottles
- Sunblock and bug spray
- Coach Kit: Jenga blocks, playing cards, extra masks, bandannas, chalk, etc.
- Hand sanitizer and wipes

**GRIT Explorer Camp | GRIT Adventure Camp**

201 Marin Blvd Jersey City, NJ 07302

Text/Call 201-596-6626 | Email: [Info@gritsportstraining.com](mailto:Info@gritsportstraining.com)



## GRIT ADVENTURE SUMMER CAMP 2025

### HEALTH & RELEASE FORM

**\*Please upload this into your campers online file via the member portal a  
and/ or send to info@gritsportstraining.com before the start of camp \***  
(You will not be admitted to camp without this form, completed and signed )

CAMPERS NAME: \_\_\_\_\_ CAMP DATES \_\_\_\_\_

Sex: \_\_\_\_\_

Birthday: \_\_\_\_\_

Age: \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

State \_\_\_\_\_

Zip \_\_\_\_\_

Home Phone (\_\_\_\_\_) \_\_\_\_\_

Work Phone (\_\_\_\_\_) \_\_\_\_\_

E-Mail \_\_\_\_\_

My Phone Number while named camper is at camp (if different from above) (\_\_\_\_\_) \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_ Person to contact in the event I cannot be reached

Relation:

\_\_\_\_\_  
\_\_\_\_\_ Phone number of emergency contact person (\_\_\_\_\_) \_\_\_\_\_

HEALTH & GENERAL HISTORY: If the camper should be restricted from any activity please note: \_\_\_\_\_

If the camper will be taking medication during camp, please indicate name of drug and dosage: \_\_\_\_\_  
Please identify any medical condition or medical history that would require special attention: \_\_\_\_\_

I hereby certify that the named camper is in good health and fully able to participate in all activities of the GRIT SUMMER CAMP and that I know of no restrictions, physical impairments, or any other facts, which in any manner limit his/her participation in such a program:

Physician's Name: \_\_\_\_\_ Telephone (\_\_\_\_\_) \_\_\_\_\_

### HEALTH INSURANCE INFORMATION

Carrier Name: \_\_\_\_\_

Policy Number: \_\_\_\_\_

Policy Holder Name: \_\_\_\_\_

Policy Holder Date of Birth: \_\_\_\_\_

I, the parent (guardian) of \_\_\_\_\_, give permission for the named camper to receive emergency medical or surgical treatment and hospitalization if necessary. I understand that every attempt will be made to contact me, or the emergency contact named above, before taking this action. I will be financially responsible for any medical attention needed during camp or resulting from an injury received at camp. My medical insurance shall be the insurance coverage for any medical treatment. I further agree that my child can receive over-the-counter remedies. (Tylenol, Sudafed, etc.) Please initial this box if you do not want your child to receive over-the-counter medications.

**I UNDERSTAND AND AGREE THAT MY CHILD(REN) WILL BE TRANSPORTED VIA VAN/BUS OR WALK TO CITY AND STATE PARKS FOR ACTIVITIES DAILY AS PART OF THIS PROGRAM.**

**I HAVE READ THE POLICIES AND FULLY UNDERSTAND MY OBLIGATIONS STATED THEREIN AND ALSO THE RIGHTS OF THE GRIT ACADEMY, GRIT SPORTS TRAINING and CK STAR ENTERPRISES LLC, A LIMITED LIABILITY COMPANY FORMED UNDER THE LAWS OF THE STATE OF NEW JERSEY, AND HEREBY AGREE TO ACT IN ACCORDANCE.** I also agree that my child may be transported by bus and/or camp vehicle for emergency medical treatment.

The undersigned further expressly agrees that the attached waiver and assumption of risks agreement is intended to be as broad and inclusive as is permitted by law and that if any portion thereof is held invalid, it is agreed that the balance shall, notwithstanding, continue in full legal force and effect.

**Dated:** \_\_\_\_\_

**Parent or Guardian:** \_\_\_\_\_



# GRIT ADVENTURE CAMP

## REQUIRED MEDICAL HISTORY

(Parent or Legal Guardian to Complete)

**Please Check One:**  Returning Camper  New Camper  Returning Staff  New Staff

Session:

Camper Name \_\_\_\_\_ Date of Birth \_\_\_\_\_  
Address \_\_\_\_\_  
\_\_\_\_\_

### Emergency Notification:

With whom does child reside and what is / are his / her relationship(s) with the child? \_\_\_\_\_

Parent 1 Name \_\_\_\_\_ Phone: Home \_\_\_\_\_ Work \_\_\_\_\_ Cell \_\_\_\_\_  
Parent 2 Name \_\_\_\_\_ Phone: Home \_\_\_\_\_ Work \_\_\_\_\_ Cell \_\_\_\_\_

Person to contact in an emergency if parents are unavailable:

Name: \_\_\_\_\_ Phone: Home \_\_\_\_\_ Work \_\_\_\_\_ Cell \_\_\_\_\_  
Physician: \_\_\_\_\_ Phone \_\_\_\_\_

Dentist/Orthodontist: \_\_\_\_\_ Phone \_\_\_\_\_

Seizure Disorder

### Emergency Medical Information (check yes or no)

Yes

No

Yes \_\_\_\_\_ No \_\_\_\_\_

Allergy to a medicine, food, plant, animal, or insect \_\_\_\_\_ Diabetes \_\_\_\_\_

Yes

No

Yes \_\_\_\_\_ No \_\_\_\_\_ Do you have an epinephrine pen?

Yes \_\_\_\_\_ No \_\_\_\_\_ Yes \_\_\_\_\_ No \_\_\_\_\_

Any condition that requires special care, medication or diet

Yes \_\_\_\_\_ No \_\_\_\_\_ Heart Trouble

Bleeding Disorder \_\_\_\_\_  
Dentures \_\_\_\_\_

Yes

No

Asthma

Yes

No

Yes \_\_\_\_\_ No \_\_\_\_\_ Contact Lenses

Explain any of the above: \_\_\_\_\_

Yes \_\_\_\_\_ No \_\_\_\_\_ Bonded Teeth

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Text/Call 201-596-6626 | Email: [Info@gritsportstraining.com](mailto:Info@gritsportstraining.com)



<b>Medical History</b> (check yes or no)	<b>Yes</b>	<b>No</b>	<b>Date</b>	<b>Details</b>
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Serious illness \_\_\_\_\_  
Serious injury \_\_\_\_\_

**Does your child have frequent:** (circle yes or no)

Y / N Eye Infections	Y / N Respiratory Infections	Y / N
Ear Infections	Y / N Urinary Tract Infections	Y / N
Throat Infections	Y / N Vaginal Infections	

**Does your child have:** (circle yes or no)

Y / N Heart Murmur	Y / N Menstrual Problems
Y / N Rheumatic Fever	Y / N Hernia
Y / N Stomach/Intestinal Problems	Y / N Back or Joint Pains

Explain any of the above: \_\_\_\_\_

Has this person had Covid-19?  Yes  No If yes, when? Date \_\_\_\_\_

Has this person had Chicken Pox?  Yes  No If yes, when? Date \_\_\_\_\_

Has this person had Mumps?  Yes  No If yes, when? Date \_\_\_\_\_

Has this person been exposed to a contagious disease within the past three weeks? \_\_\_\_\_

Has this person had lice in the past six months? \_\_\_\_\_

If applicable, has this person started menstruation?  Yes  No Has she been told about menstruation?  Yes  No

Does this person take any medication on a regular basis? Yes \_\_\_\_\_ No \_\_\_\_\_

Explain: \_\_\_\_\_

To the best of my knowledge, the above information is correct, and the doctor's physical (within 24 months of camp) submitted is up to date. There are no changes or updates to my child's health from submitted forms or the ability to safely participate in camp activities. Any changes in my child's medical history will be submitted prior to camp.

I give my child permission to participate in all activities. In the event of an accident or illness, I authorize GRIT to institute and obtain medical care. In the event of a communicable disease outbreak, I understand this person will be excluded from camp if not fully immunized.

DATE \_\_\_\_\_ SIGNATURE (parent or legal guardian) \_\_\_\_\_

**PLEASE MAKE SURE TO SEND YOUR CHILDS  
IMMUNIZATION RECORDS AS WELL**

**YOUR CAMPER WILL NOT BE ALLOWED TO COME  
TO GRIT WITHOUT THE MEDICAL RECORDS AND  
IMMUNIZATION FORMS**

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Text/Call 201-596-6626 | Email: [Info@gritsportstraining.com](mailto:Info@gritsportstraining.com)



2025 Summer Camp

Dear Parents, Staff & Students at Grit Sports

Welcome back or Hello! We are Simply Gourmet; a full-service catering company specializing in providing food services to children. We will be providing lunch service for your 2025 GRIT Explorer and Adventure Camp.

**Need a break from making lunches....let us do the work for you!!**

Some highlights:

- ✓ You can receive text message reminders now!

To opt in, simply text: **simplygourmet to 855-481-2615**

- ✓ Each component of your meal may be customized; (Click on the “edit this day” button on the menu to view your alternate options)
- ✓ Nothing is fried and our products are free of nut ingredients.
- ✓ Our locally grown produce is brought in fresh daily from area farmers!!
- ✓ We proudly offer “wholesome” meal options which have, no artificial ingredients, no growth hormones, no trans fats, and limited gmo’s; only fresh super foods that promote a healthy diet for children!
- ✓ Meals are individually packed in recyclable cardboard lunch boxes for each student.

**\*\*YOU WILL BE ABLE TO PLACE YOUR ORDERS Today \*\*** You must order by Thursday for Monday lunch. Do not order for Fridays as its FAB Fun Friday and GRIT provides Pizza for Lunch!

NEW users will need to create an account. (Click on the “How It Works” tab on our home page to follow step by step directions to create an account.)

You may choose to participate every day or any individual days during the month. Orders must be placed three days in advance of the day you would like to receive lunch service. Please keep this in mind when you are placing your orders. We encourage you to order for the whole month to avoid missing days. **If your needs change last minute, just call us, we will be happy to add your order!!**

To place your order, go to our web site:

**www.SimplyGourmetLunches.com**

Follow us on Facebook for helpful updates! <https://www.facebook.com/simplygourmetcaterers>

If you have any trouble, feel free to contact us and we can “walk” you through the process. We look forward to serving your children!

# KEEP UP WITH CAMP ALL SUMMER LONG!

Be the first to know what's happening this summer at **GRIT Explorer & Adventure Camp!** We offer a private photo gallery, using the secure Bunk1 platform. Camp photos are only available to our camp family and you will receive a snapshot of what life is like at camp. Follow Bunk1 on [Facebook](#) and [Twitter](#) for the latest updates and deals!

## GET STARTED TODAY!

- Go to [www.Bunk1.com](http://www.Bunk1.com)
  - **RETURNING PARENTS** will login using their email address and password from the previous year.
  - **NEW PARENTS** will click "New here? Get Started" button and complete the basic form.
    - The Invitation Code for **GRIT Explorer & Adventure Camp** is: **GRIT2025**
- You will be prompted to select a bundle for access to your Parent Portal. Bundles allow you to view photos as well as give you such as facial recognition and the ability to download photos.

## PHOTO GALLERY WITH PHOTO TAGGING

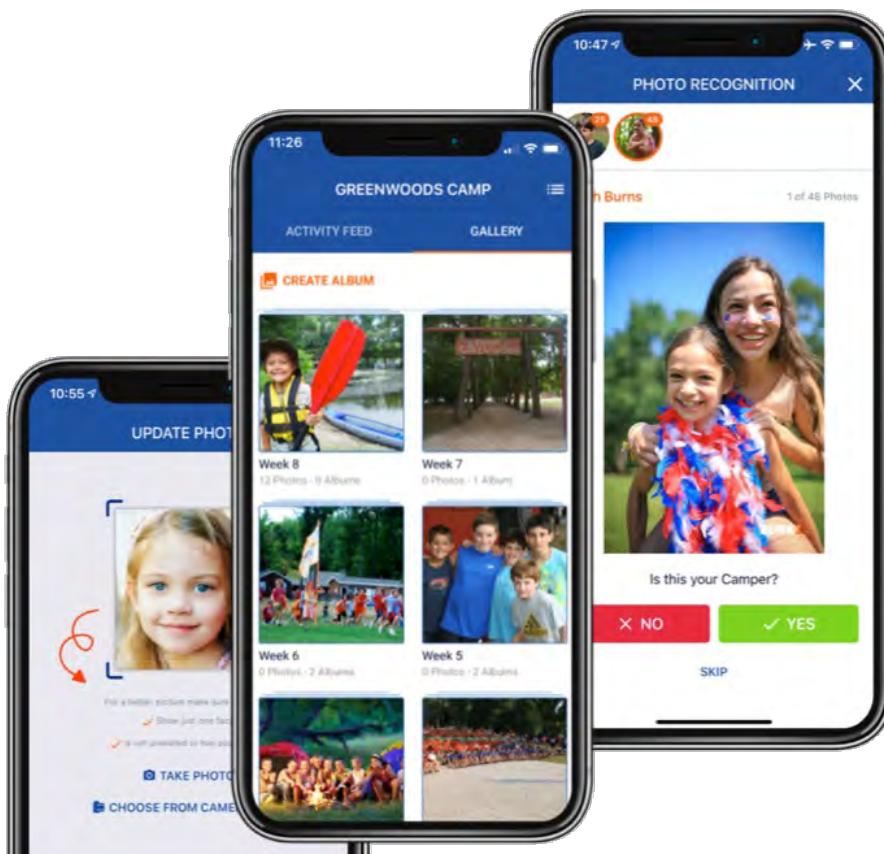
**Save Favorite Photos** for easy access to pictures of your camper all year-round. Select the heart icon to favorite.

**Upload a profile photo** of your camper to enable Photo Tagging. Our photo tagging software will scan all the uploaded photos and notify you when we detect photos of your camper.

**Share Photos** to social media or email a photo to family.

**Customize Unique Photo Gifts** such as photo books, mugs, calendars, phone cases and more.

**Order** high resolution digital downloads or prints.



## FREQUENTLY ASKED QUESTIONS:

**Can other relatives use these services?** Absolutely! On the right side of the dashboard, you'll select **Invite Family Members**, enter their details and they will be sent an email invitation. **PLEASE NOTE** this will prompt them to set up their own account. It does not provide them access to your account, bundle, OR your Bunk Note Credits.

**Questions or Problems?** The Bunk1 team is available to support you 7 days a week during peak season. They guarantee a response within 24 hours and it's usually much quicker than that. Please call Bunk1 at [212-974-9112](tel:212-974-9112) or email [support@bunk1.com](mailto:support@bunk1.com).